



PROGRAM SCHEDULE

Unless otherwise stated, all Hungry Girl events take place in The Mainstage Theater, Deck 2 Forward.

DAILY

7:30am - 8:15am

Exercise with Mande - Sea View Pool - Deck 9 Aft

SATURDAY, APRIL 7

4:30pm - 5:30pm

5:30pm - 6:30pm

EMBARK - FT. LAUDERDALE, FL - Departs: 4:00pm

Orientation & Welcome

Sail-Away Party! - Crow's Nest, Deck 11 Forward

SUNDAY, APRIL 8

No daytime events

7:00pm - 8:00pm

HALF MOON CAY, BAHAMAS: 8:00am - 4:00pm

Enjoy the Beach!

VIP Party - Gallery Bar - Deck 2

MONDAY, APRIL 9

9:00am - 11:00am

1:00pm - 2:30pm

3:00pm - 5:00pm

9:30pm - Midnight

AT SEA

Hungry Girl 101 + Supermarket Smarts

Tools & Gadgets to Make Your Life Easier - America's Test Kitchen

Book Signing Event - Hudson Room - Deck 3 Forward

Karaoke Party! - Crow's Nest, Deck 11 Forward

TUESDAY, APRIL 10

4:00pm - 5:30pm

9:30pm - 11:30pm

GRAND CAYMAN, CAYMAN ISLANDS: 8:00am - 4:00pm

Calorie Burning Made Simple

Dancing at the B.B. King Blues Club

WEDNESDAY, APRIL 11

No daytime events

9:30pm - 11:30pm

COZUMEL, MEXICO: 11:00am - 11:00pm

Enjoy the Beach!

Dancing at the B.B. King Blues Club

THURSDAY, APRIL 12

9:00am - 11:00am

1:00pm - 3:00pm

7:00pm - 8:00pm

AT SEA

Fitness & Food Mythbusting

What to Do If You're Always Hungry - America's Test Kitchen

Happy Happy Hour Party! - Crow's Nest, Deck 11 Forward

FRIDAY, APRIL 13

4:30pm - 6:30pm

KEY WEST, FLORIDA: 8:00am - 5:00pm

Tips, Tools & Strategies for Success!

SATURDAY, APRIL 14

DISEMBARK - FT. LAUDERDALE, FL - Arrives: 7:00am



Exact programming agenda is subject to change. Holland America will announce disembarkation time upon arrival in Ft. Lauderdale.